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Superintendent  
of Public Instruction

Arizona Department of Education



Providing the latest dish on Child Nutrition News and information

Volume 2, January 2005

**"Scoops"**

is published quarterly by the  
Arizona Department of  
Education, School Health and  
Nutrition Team  
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## From the Director's Desk

### Take Another Look at the National School Lunch Program

With the growing concern regarding our children's nutritional health, many school districts across the country and in Arizona are taking control of the food choices available in the cafeteria and vending machines, having financial success, and improving our children's nutrition. It has been a well-known fact that good nutrition positively impacts health, learning, classroom performance and behavior for children. However, many districts with high schools have chosen to have only their elementary and middle schools take part in the NSLP due to the fear of lower revenues, significant costs of switching over to the program and difficulty monitoring the program.

A recent survey of Arizona districts with high schools found that of those districts not participating in the NSLP, the perception was they would have difficulty providing healthy, yet attractive choices, and revenue would decline. Districts from Maine to California that have returned to the NSLP are finding this is not true. High schools in Maricopa County that have a free and reduced rate as low as 1.5% are on the program and realize the benefit of the program. Another reason some districts were not participating in the NSLP was because they had entered into exclusive pouring rights contracts with soda companies and receive equipment and cash incentives for selling their soda. Under the NSLP, soda sales are restricted. Juice, milk, fruit "ades" and bottled water contracts are replacing the soda contracts with no loss in revenue, and in many cases an increase. Reimbursement revenues and commodity offerings are reducing the costs of food and production. Creative menu planning options and marketing are enticing the students back to the cafeteria to purchase lunch. Free and reduced meals are offered at many points of service and are the same "combo meal" offered to non-free and reduced meal students so no overt identification occurs, and no extra costs are incurred for meal preparation.

Vending machine sales are also part of the lower revenue concern. The perception is that soda, candy and other junk food sales can significantly impact the ability of a school to provide much needed equipment or educational materials. The fear that these funds would no longer be available drives many schools to decline the option of converting to healthier vending options or participate in NSLP. Don't abandon the NSLP for the simple reason it prohibits the sale of foods with minimal nutritional value. Again, schools that have made students' nutrition a priority are finding positive results. Soda and other vending companies worked with schools to provide healthier options such as 100% juice, milk machines, sports drinks, bottled water and lower fat and sugar snacks. Using competitive pricing, soda was priced higher than the healthier drink choices. The healthier drink vending machines were placed in high-traffic areas and students were allowed to drink water in the classroom. Soda sales have declined but overall vending profits have increased. Principals are very excited to find that healthier snack vending machines are also increasing revenues of their schools.

Knowing that districts with secondary school free and reduced rates below 5% are benefiting from the NSLP, proves the program isn't just about meeting the needs of free and reduced meal students. NSLP provides districts the infrastructure, guidance and resources to operate an all around model nutrition program. Isn't it time we made our children's nutrition and health a priority? We don't ask kids what they want to learn. We teach them. The same should be true in the cafeteria. Maybe it is time to take another look at the NSLP for your district's secondary schools. Further information on other schools' experiences, successes and the NSLP can be found at: <http://www.ade.az.gov/health-safety/cnp/teamnutrition/legislation.asp>

Mary Szafranski

Deputy Associate Superintendent, Health and Nutrition Services

## Support Vending and à la Carte with choices that are Smart

A study published in the July 2003 issue of the *American Journal of Public Health* looks at the food environment in 20 secondary schools to help improve the understanding of à la carte, vending machines, and nutrition policies and their influences on adolescents' food choices. Data was collected on school food policies and availability, nutritional content of foods in school à la carte areas and vending machines. Items from the chips/crackers and ice cream/frozen desserts categories were combined, accounted for 21.5% of available à la carte foods. Fruit/vegetable items were only 4.5% of total à la carte foods available. Soft drinks were extremely prevalent with more than two thirds of schools with vending machine contracts. During the past 2 decades, soft drink consumption increased by 100% among adolescents aged 11 to 17 years. Principals (5.9%) and food service directors (27.8%) reported their school had policies related to nutrition and food. Interestingly, 50% of the principals endorse providing only healthful foods for students at school, whereas only 31% of food service directors endorsed this view. High availability of these high-fat, high-sugar, low-nutrient foods are sending a message that these foods are acceptable and encourage students to choose these foods in preference to the school meal program. Schools need to take it upon themselves to identify alternative funding sources that would ensure a healthier school food environment. For more information on this study go to <http://www.asfsa.org/newsroom/sfsnews/ajphstudy.asp>.

Q: What is SMI?

A: SMI is the acronym for USDA's School Meal Initiative. Menu planning for the National School Lunch Program and School Breakfast Program begin with SMI. SMI encompasses the regulations and policies surrounding the nutritional quality of school meals to assure that school meals served satisfy the Dietary Guidelines for Americans. Schools are reviewed for SMI compliance to assure the nutrition integrity of the National School Lunch and School Breakfast Programs.

Q: How is SMI compliance measured?

A: Compliance with SMI nutrition standards is measured by conducting a one-week analysis of a school's menu, utilizing nutrient fact labels, CN labels, and planning information provided on production worksheets.

Q: What nutrients are evaluated during an SMI review?

A: Calories, protein, vitamin A, vitamin C, calcium, iron, total fat, saturated fat, sodium, cholesterol, fiber, and carbohydrate are evaluated during an SMI review. USDA has established age-appropriate calorie goals that vary in accordance with the age/grade group specified for menu planning. **\*Note\*** The standards for these nutrients may be viewed on our website at <http://www.ade.az.gov/health-safety/cnp/nspl/>

Q: How will I know that an SMI review is scheduled for my LEA?

A: An Administrative Review Notice is mailed in late July/early August to those LEAs scheduled to be reviewed during the upcoming school year. The Administrative Review Notice is mailed to the LEA contact identified on your CNP Web Sponsor Application. SMI reviews are conducted once every four years and are conducted in conjunction with the CRE review. If the nutrition standards are not being met, additional SMI reviews may be scheduled within the four-year period at the discretion of the Arizona Department of Education.

Q: What information will the Arizona Department of Education collect from the LEA during an SMI review?

A: The documentation required to be submitted to the Arizona Department of Education reviewer will vary slightly depending on whether the LEA is using a food-based (Traditional & Enhanced) menu planning approach, or a Nutrient Standard/Assisted Nutrient Standard menu planning approach.

### Traditional & Enhanced Menu Planning

- Menu
- Production Records
- Standardized Recipes
- Nutrient Fact Labels for ALL convenience foods
- CN Labels

### Nutrient Standard/Assisted Nutrient Standard Menu Planning

- Menu
- Nutrient Analysis Spreadsheet
- Production Records
- Standardized Recipes
- Nutrient Fact Labels for ALL convenience foods

Check out the 2004 SMI and CRE award winners at: <http://www.ade.az.gov/health-safety/cnp/nspl/>

Q: What resources are available to LEAs to assist in the successful implementation of SMI, and to assist in preparing for an SMI review?

A: USDA's Team Nutrition *Food Buying Guide for Child Nutrition Programs* provides useful information to assist School Foodservice Directors in purchasing, planning, and preparing food items. USDA's Team Nutrition *A Menu Planner for Healthy School Meals* provides detailed information pertaining to the various menu planning approaches, production records, and standardized recipes. USDA resource manuals, and USDA standardized recipes are available at: <http://schoolmeals.nal.usda.gov/>.



## Team Nutrition Grant School Events

The eight pilot schools have had a busy fall season. Along with changing their school environment for the better, two of the schools had community events to promote their great changes.

**Bouse Elementary** had an open house to celebrate not only their new school building opening, but also the exciting changes they have made in their school environment. Many families attended the afternoon event and had an opportunity to sample what tasty and nutritious meals their children are eating at lunch. The Bouse students had a chance to visit the "Bobby B Well" activity booth during the event where they were given the opportunity to sharpen their skills on fruit and vegetable facts.

**Stanfield Elementary** had an evening event to celebrate not only their healthy school environment, but also national "Lights Out" to promote their dynamic after school program. The student council members donned fruit and vegetable costumes to promote fruit and vegetable intake among their fellow students. The food service staff gave out promotional items to encourage school lunch participation and had healthy prizes for the event. Bobby B Well's booth made another appearance at the event, which was enjoyed by the students, parents and community of Stanfield.



## Calendar of Events

Date	Health & Nutrition Services Trainings	Location	Time
<i>Professional Development Sessions</i>			
1/18/2005	Achieving an Effective Food Service System	Phoenix	8:30-3:00
1/25-26/2005	Serving it Safe	Phoenix	9:00-3:00
2/7/2005	SUCCESS	Phoenix	8:30-12:30
2/15/2005	Organizational Skills for Managers	Phoenix	9:00-3:00
3/15-16/2005	Serving it Safe	Phoenix	9:00-3:00
<i>National School Lunch Program Sessions</i>			
1/13/2005	Contracting with Food Service Management Companies	Phoenix	8:30-12:00
1/13/2005	NSLP Computer Based Claiming Training	Tucson	1:00-3:30
1/19/2005	NSLP Computer Based Claiming Training	Flagstaff	1:00-3:30
1/20/2005	NuMenus Training	Phoenix	8:30-12:30
1/20/2005	Contracting with Food Service Management Companies	Phoenix	8:30-12:00
1/21/2005	Food Distribution Computer Based Training	Phoenix	1:00-4:00
1/27/2005	NSLP Computer Based Claiming Training	Flagstaff	1:00-3:30
2/1/2005	Business Basics	Phoenix	8:30-5:00
2/2/2005	Food Distribution	Phoenix	8:30-12:00
2/2/2005	Nutrition Basics	Phoenix	8:30-4:30
2/3/2005	RCCI/Juvenile Detention Facilities: Business Basics	Phoenix	8:30-3:30
2/10/2005	NSLP Computer Based Claiming Training	Flagstaff	1:00-3:30
2/11/2005	Food Distribution Computer Based Training	Phoenix	1:00-4:00
2/17/2005	Food Distribution Computer Based Training	Flagstaff	1:00-4:00
2/23/2005	Business Basics	Flagstaff	8:30-5:00
2/24/2005	Food Distribution	Flagstaff	8:30-12:00
2/24/2005	Nutrition Basics	Flagstaff	8:30-4:30
3/8/2005	Business Basics	Phoenix	8:30-5:00
3/9/2005	Food Distribution	Phoenix	8:30-12:00
3/9/2005	Nutrition Basics	Phoenix	8:30-4:30
3/17/2005	Food Distribution Computer Based Training	Tucson	1:00-4:00
3/22/2005	NuMenus Training	Flagstaff	8:30-12:30
3/25/2005	Food Distribution Computer Based Training	Phoenix	1:00-4:00

Register on line for all ADE Classes at: <http://www.ade.az.gov/onlineregistration>

### Commodity Processing News

This year, the Arizona Department of Education (ADE) has issued a new RFP for Commodity Processors. This contract is in place for one year with an optional renewal for four additional years. Just like school year (SY) 2004-2005, sponsors on the National School Lunch Program in SY 2005-2006 will be able to select approved processing vendors out of the ADE Processing Catalog. Sponsors are no longer required to conduct their own procurement for these vendors as ADE has already completed it.

The Processing Catalog is formulated by gathering information about each processing vendor, what they process, the donated food they use, and the price of the processed commodity product. The catalog is helpful for schools to use when they are determining what commodities they would like to process and which vendor to utilize. The sponsor's choices will be relayed to ADE when a sponsor completes and submits the 'Cheese' and 'Remaining Commodity Processing' Surveys. It is important that these surveys are completed timely and accurately, as it is what determines the commodities that are ordered for our state and therefore available to Arizona schools.

In conclusion, the ADE would like to recognize the success of the Arizona School Food Service Association (AzSFSA) 46<sup>th</sup> Annual Conference and ADE Commodity Processing Workshop and Exhibition! This was a great way for sponsors to taste first hand the benefit of using processed commodities. Sponsors had the opportunity to participate in helpful commodity breakout sessions such as (Net Off Invoice), and a workshop to help sponsors incorporate commodities into healthy menus. Thank you AzSFSA for another successful partnership.

Check out the 2004  
SMI and CRE award  
winners at:  
[http://  
www.ade.az.gov/  
health-safety/cnp/nslp/](http://www.ade.az.gov/health-safety/cnp/nslp/)



## Training opportunities Available

The Dietetic Education Program (DEP) at Central Arizona College (CAC) offers the *Food Service Management Certificate* which provides training in management as it pertains to school food service operations. This certificate satisfies the requirements for the *School Nutrition Association Certification*. In order to reach Level 3 for the SNA Certification you must have some college level classes and enrolling in the classes offered at CAC meets that condition.

Some of the benefits of taking classes at CAC are;

The variety of formats offered; online, seminars, and open entry/self-paced and upon completion of the FSM Certificate/SNA Certification you can take 2 more classes, complete a short internship at your worksite and take the national exam to be a Certified Dietary Manager. The nationally recognized credential that you will earn is CDM, CFPP which you may sign after your name.

### SHORT TERM CLASSES

- **Food Service Management**  
Location: Signal Peak Campus  
Instructor:

Susanne Bryant, RD  
01/29/05 and 02/05/05 (Saturdays)

- **NTR118A Menu Planning and Inventory Control**  
(NutriKids) (1 cr.)

03/05/05 and 03/12/05 (Saturdays)

- **NTR115 Healthy Edge**  
(1 cr.)

To register for short term classes, please call the Dietetic Education Program  
1-800-237-9814, ext. 4497 or 520-426-4497

### ONLINE CLASSES START JANUARY 18<sup>TH</sup> 2005

Enroll in NTR125 Introduction to School Food Service (2 cr.) or check out the online catalog for other classes. Call to register for online classes:

1-800-237-9814 ext. 4260

[www.cac.cc.az.us/acad/schedules.htm](http://www.cac.cc.az.us/acad/schedules.htm)

## Avoiding Overt Identification of Free and Reduced Meal Students

Districts participating in the National School Lunch Program (NSLP) often raise concerns about overt identification of students receiving free and reduced-priced meals. This overt identification is often one reason cited as to why some districts with high schools have chosen to decline participation in the NSLP. These districts believe there would be difficulty monitoring the program and extra costs incurred if all windows offered a meal that qualified as a reimbursable meal. Costs for reimbursable meals can be offset with reimbursement from the NSLP. For the 2004-05 school year, the following reimbursement rates for lunch apply:

- 1) Schools which served 60% or more free and reduced-price lunches in school year 2002-03 will be reimbursed the following per qualifying lunch meal:

o Paid	\$0.23
o Reduced-price	\$1.86
o Free	\$2.26
- 2) Schools which served less than 60% free and reduced-price lunches in school year 2002-03 will be reimbursed the following per qualifying lunch meal:

o Paid	\$0.21
o Reduced-price	\$1.84
o Free	\$2.24

Based on a recent survey of Arizona districts with high schools, the programs with the greatest success ensured anonymity of the student as well as made the monitoring of the free and reduced-priced meal program more streamlined. Often, school districts use a quasi "segregation" system that may streamline the system for monitoring but unfortunately clearly identifies a free or reduced-priced student. One example of this practice is the use of an identification card system for only free and reduced-price students. This card enables staff to monitor the meals given out on the program. This practice is not acceptable under federal guidelines because it clearly distinguishes free and reduced-priced students from paid students. To utilize the system correctly, it is important to have an ID card or punch pad system at all *points of service* and for all students regardless of whether or not cash, prepayment or both are accepted. Another example of quasi segregation is the use of multiple serving lines of which only one line serves a qualified reimbursable meal. Therefore, the students eligible for a free or reduced-price meal may go to only one window. Anyone paying full price goes to all other lines. The system may be technically correct but it is not necessarily a best practice. Many students eligible for a free or reduced-price meal will decline this option due to overt identification. Peer relationships tend to occupy an increasingly significant role in a teen's life. Choices are often based upon friends' influences and what they think versus healthier or more economically sound reasoning.

The following guidelines have been identified as meeting the needs of the school district with regards to monitoring and protecting the identity of the student and are considered best practice. They are as follows:

- Offering reimbursable or "combo meals at each food station that all students would potentially order. Examples include:
  - a) Refried beans and cheese on flour tortilla with a choice of sides such as lettuce, tomato, milk, or fruit/fruit juice.
  - b) Turkey sub sandwich that includes meat, lettuce, tomato, cheese with a choice of sides such as fruit or milk.
  - c) Cheese pizza served with choices of milk, fruit juice/fruit or vegetables (salad).
  - d) Hamburger on a bun with choices of tomatoes, lettuce, French fries, milk, or fruit/fruit juice.
- The a la carte line should not be segregated but included at each point of service, and again, must require an ID card or punch pad system for all students.
- All staff at all points of service should be trained in identifying a qualifying reimbursable meal so the meal is counted appropriately for reimbursement to the district.

If your district has additional questions or concerns about overt identification of free and reduced meal students, please contact our office for guidance at the following numbers:

**In the Phoenix area: (602) 542-8700 or toll free: (800) 352-4558.**

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To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



Arizona Department of Education  
Tom Hone, Superintendent of Public Instruction

Health and Nutrition Services, 602-542-8700

# 2005 Nutrition Invasion We come in Peas



Thank you to all who helped us  
make this year a success!